

**Basic Report 01172, Egg, white, raw, frozen, pasteurized**

Report Date: January 28, 2015 07:07 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28g
<b>Proximates</b>			
Water	g	88.97	24.91
Energy	kcal	46	13
Protein	g	9.30	2.60
Total lipid (fat)	g	0.04	0.01
Carbohydrate, by difference	g	1.26	0.35
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.20	0.06
<b>Minerals</b>			
Calcium, Ca	mg	10	3
Iron, Fe	mg	0.17	0.05
Magnesium, Mg	mg	11	3
Phosphorus, P	mg	13	4
Potassium, K	mg	169	47
Sodium, Na	mg	169	47
Zinc, Zn	mg	0.07	0.02
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.023	0.006
Riboflavin	mg	0.423	0.118
Niacin	mg	0.093	0.026
Vitamin B-6	mg	0.004	0.001
Folate, DFE	µg	10	3
Vitamin B-12	µg	0.90	0.25
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.008	0.002
Fatty acids, total monounsaturated	g	0.009	0.003
Fatty acids, total polyunsaturated	g	0.004	0.001
Cholesterol	mg	0	0
<b>Other</b>			
Caffeine	mg	0	0